



## SECTION ONE Standard House Diets

### *Diet manual*

### Soft Diet

### Pureed Diet

#### General Description

This diet contains foods which are modified in consistency, so they may be swallowed without chewing.

#### Indications for Use

This diet may be indicated for patients unable to chew and/or have difficulty swallowing (edentulous or dysphagic patients, for example).

#### Nutritional Adequacy

In comparison to the Recommended Dietary Allowances, this diet is nutritionally adequate with the same exceptions as for the regular diet.

Food Groups	Foods Allowed	Foods Not Allowed
Dairy	Milk, chocolate milk, buttermilk, eggnog, hot cocoa, milkshakes, yogurt without whole fruit or seeds. Cottage cheese and other melted cheeses which are well tolerated.	Yogurt containing whole fruit or seeds.
Meat or Substitute	All strained or pureed meats.	All other. Peanut butter.
Eggs	Scrambled or poached eggs.	Hard boiled or fried eggs.
Potato or Substitute	Mashed and creamed white or sweet potatoes.	All others.
Vegetables	Mashed, strained, or pureed vegetables; tomato or vegetable juice.	Whole, chopped, or raw vegetables.
Fruit & Fruit Juices	Fruit juices, mashed, strained, or pureed fruits.	All others.
Breads & Cereals	Cream of wheat, cream of rice, grits, oatmeal.	All others.

**Pureed Diet**

Fats	Margarine, butter, gravy, oils, cream, sour cream, cream cheese, mayonnaise, smooth consistency salad dressings.	All others.
Beverages	All	
Soup	Broth, bouillon, consomme, strained soups or soup with pureed vegetables or meat.	All others.
Desserts/Sweets	Gelatin, ice cream, fruit ice, plain custard, pudding, sugar, honey, jelly syrup.	Any dessert such as pastries, cakes, and cookies, and others which require chewing hard candies.
Miscellaneous	Salt, other condiments/seasonings as tolerated.	Seeds.

**Suggested Meal Plan**

<b>Breakfast</b>	<b>Lunch</b>	<b>Dinner</b>
Juice	Soup	Soup
Cereal	Meat or Substitute	Meat or Substitute
Egg or Substitute	Potato or Substitute	Potato or Substitute
2% Milk	Vegetable	Vegetable
Beverage	Fruit	Fruit
	Dessert	Dessert
	Margarine	Margarine
	Beverage	2% Milk
		Beverage